Amendments to the Claims

This listing of claims will replace all prior listings of claims in the application.

Listing of Claims

1. (Currently Amended) A pedal system for bicycles comprising a shoe insert, ~~which can be fastened on a shoe and has~~ having a detent element, and a pedal~~, which can be fastened on~~ for mounting on the bicycle, rotatable ~~and can be rotated~~ about an axis, and which pedal has a seat for the detent element, in which seat said detent element is~~can be~~ locked by an~~against~~ elastic force, and from which seat same is~~can be~~ released by carrying out a rotating movement, wherein the seat is formed between two seat parts, which are designed rotationally symmetrically with respect to the pedal axis, which are held in a first position by an elastic force, and are displaceable~~and which can be moved away~~ from one another against elastic force in direction of the pedal axis.

2. (Currently Amended) The pedal system according to Claim 1, wherein the seat parts further comprise~~form or have~~ receiving grooves facing one another.

3. (Currently Amended) The pedal system according to Claim 1, wherein one of the two seat parts is displaced~~can be moved~~ against the force of at least one spring.

4. (Previously Presented) The pedal system according to Claim 3, wherein one of the seat parts is part of a first sleeve, which is supported rotatably with respect to the axis of the pedal, and the other seat part is part of a second sleeve, which is supported movably on the first sleeve.

5. (Currently Amended) The pedal system according to Claim 4, wherein the first sleeve is non-movable with respect to the axis of the pedal, and the second sleeve is ~~the one, which can be moved~~ movable against said at least one spring~~elastic force~~.

6. (Currently Amended) The pedal system according to Claim 5, wherein at least one compression~~pressure~~ spring is provided as the spring, which compression~~pressure~~ spring is supported at a first~~with its one~~ end on an abutment connected to the sleeve and at a~~with its~~ second end on the second sleeve.

7. (Previously Presented) The pedal system according to Claim 4, wherein the first sleeve is supported rotatably by means of ball bearings on the axis part of the pedal.

8. (Currently Amended) The pedal system according to Claim 1, wherein the detent element is an elongated component which has a tapered portion~~wedge-shaped designed area~~ for aligning the detent element~~positioning~~ between the seat parts.

9. (Previously Presented) The pedal system according to Claim 1, wherein the detent element has side surfaces, which have in particular centrally each one cam.

10. (Previously Presented) The pedal system according to Claim 4, wherein the detent element is connected to a control element, which acts centeringly with respect to the seat of the pedal.

11. (Previously Presented) The pedal system according to Claim 10, wherein the control element, has supporting wings extending laterally of the detent element, the insides of which supporting wings come into contact or are in contact with outer surface areas of the sleeves, which outer surface

areas extend cylindrically and rotationally symmetrically with respect to the pedal axis, and are curved with a radius, which is larger than the radius of the outer surfaces of the sleeves.

12. (Currently Amended) The pedal system according to Claim 11, wherein the control element is~~can be~~ connected to a~~the~~ shoe.

13. (New) A pedal system for bicycles with a shoe insert that is attachable to a shoe and has an engaging element, and with a pedal that is attachable to the bicycle and is rotatable about an axle, and has a seating for the engaging element, in which the engaging element is engageable against spring force and from which the engaging element may be detached by performing a rotating movement, wherein the seating is conformed between two seating parts that are constructed rotationally symmetrically about the axle of the pedal, and which are movable away from each other towards the axle of the pedal against spring force, and are components of bushings with cylindrical external surfaces, wherein the engaging element is an elongated part that extends perpendicularly to the pedal axle when engaged, and has two cams which clasp below the seating parts in the engaged position, and the shoe insert has a control element which is forced against the cylindrical outer surfaces of the bushings in such a manner that when the shoe insert is rotated to release the engaging element, the engaging element is raised.